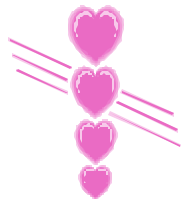


Wisdom is sweet to your soul; if you find it, there is a future hope for you.
 Proverbs 24:14

Want to Lose Weight? Then Exercise 60-90 Minutes Everyday

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Many Americans have thrown in the towel with exasperation after hearing the new dietary guidelines recommending 30 to 90 minutes of moderate to vigorous exercise a day.

However, time-use researchers and exercise experts aren't accepting any excuses, declaring almost everyone can find the time and motivation during the day to squeeze in a little physical activity. The only people who can get away with the argument of not having enough time during the day to exercise are: The most time-crunched people aged 30 to 45, parents of young children and people who work over 40 hours a week.

Part of the problem for the rest of the population is that out of the nearly 40 hours of estimated free time a week in the United States, 15 to 20 of those hours are spent watching television. A professor of exercise science, who was also part of the committee responsible for developing the new exercise guidelines, also explained that some people might feel intimidated by the recommendations, though not everyone is required to exercise at the highest level possible.

People simply need to determine which activity level personally applies to them and, hopefully, exercising won't seem so overwhelming.

The 30-Minute Minimum

Whether the activity is divided up into 10- and 15-minute segments, most people benefit from at least 30 minutes of exercise, minimum, a day to reduce the risk of heart disease, type 2 diabetes, osteoporosis and other diseases. Some suggested ways to reach this amount include: Dancing Walking briskly Shoveling snow Pacing while talking on the phone Biking Golfing Swimming Shooting hoops

As the list above shows, the guidelines don't require meeting the time recommendations through structured exercise alone. Half the time can be spent on a structured activity, while the other half can be accumulating from using the stairs or walking around whenever possible (at work, the mall, home, etc.). But for people exercising 30 minutes and still experiencing weight gain, increasing the time to 60 minutes is required. Additionally, those who have lost a significant amount of weight and are striving to keep it off might need as much as 90 minutes of exercise a day.

Making Exercise a Priority

Most people can reach the recommended exercise goals by simply making it part of their daily routine. The key is to make exercise a habit and figure out what time of the day works best, such as: Before going to work, During lunch hour, Right after work, In the evening with a friend

Tingly Toes?



Common reasons your toes may fall asleep while you exercise and how to fix it

You're sweating it out on the elliptical, working hard to on the treadmill, and all of a sudden your toes tingle and then fall asleep ... Does this sound familiar to you? Don't worry, you're not alone! You and many other exercise-enthusiasts experience this same numb feeling in your feet when doing cardio exercises. Although it might not feel great, the tingly toe sensation is not dangerous, and its occurrence has more than one explanation.

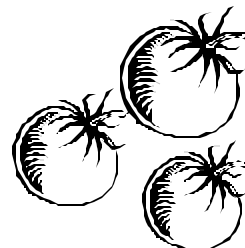
One possibility is that your Achilles tendons are too tight. When this happens, you put more stress on the ball of your foot, pinching the nerves between the bones on the ball of the foot. To reduce the tightness, do a calf stretch every morning when you get up and moving. Stand about 2 feet from a wall, facing it, with one foot in front of the other, front knee bent, back leg straight, with your toes straight ahead. Then press your palms into the wall and lean your body forward from your ankle, keeping your back heel on the floor. Hold this for 20-30 seconds, then switch sides. Also, when you're using cardio machines, make sure to use your ankles so the Achilles pumps blood up from the foot. To do this, bend slightly at the ankle while you work out. If blood doesn't flow up, it pools in your foot and causes swelling and numbness.



Another cause of numb toes while you workout could be that your feet naturally roll inward when stepping. If you have flat feet, exercise can stretch the nerve that runs along the arch side of the ankle and supplies sensation to the entire sole of the foot, causing numbness. You may be able to prevent this by wearing shoes with arch support. Make sure your toes have plenty of wiggle room too!

For further information see the November 2004 issue of Shape Magazine

Tomatoes: Super food of the Month



The tomato is a fruit native to the Americas, grown mostly in California. By 1850, the tomato became an important produce item in every American city. People were planting tomatoes

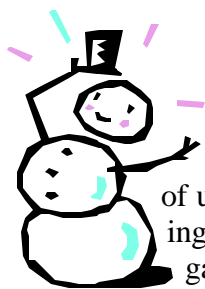
in their home gardens, while farmers commercially produced fresh tomatoes throughout the year.

Tomatoes are a good source of vitamin A and are high in Vitamin C. Tomatoes are also great sources of antioxidants, including one called lycopene. In addition to giving tomatoes their vibrant color, lycopene may help protect against diseases such as cancer and heart disease. Recent studies have determined that tomatoes are one of a few food sources of the antioxidant. A study conducted in Italy showed that consuming seven or more servings of tomatoes a week reduced the risk of developing colon, rectal and stomach cancer by sixty percent! The benefits of consuming lycopene through tomatoes is preferable to taking lycopene pills or other supplements, because unidentified elements in tomatoes make them more protective against diseases than lycopene by itself. Tomatoes are full of vitamins and antioxidants, and luckily, very easy to find in America! Because they are such a common staple to our diet, it is easy to work a tomato a day into our diet. Below is an easy recipe for a fresh tomato salsa – a great way to enjoy the benefits of tomatoes and eat something healthy and delicious!

FRESH TOMATO SALSA

In a large bowl, combine 3 medium tomatoes, 1/2 chopped red onion, 1 chopped bell pepper, 1 chopped serrano chile, 3 tbsps fresh cilantro, 1/4 tsp salt, 1 tbsp lime juice, and 2 tbsp olive oil. Stir together and enjoy! Serves 4: Calories: 98 Fat: 7g (1g sat.) Carbs: 9g Protein: 1g Fiber: 2g

www.tomato.org



Keeping Those 2005 Resolutions

It's the same thing every January - frustrated by bad habits like smoking or overeating, many of us vow to change through making New Year's resolutions. "This year, I'm dieting, or exercising regularly or quitting smoking for good," we pledge. By May, the stair stepper you bought is gathering dust in the closet unused and the cigarettes still are in your back pocket. Defeated, many of us give up. How do we stick with our resolutions? The most important point to decide is if you are truly willing to make the effort to change. Changing just because it's New Year's Day isn't enough to keep you motivated for long. Lasting change means being prepared to make sacrifices. Make a list of the pros and cons of adopting new behaviors. Seeing the consequences of a bad habit in black and white may make change more desirable. Once you have decided you are ready to stick to that New Year's resolution, you need to develop a plan of action- how you'll change specific behaviors and habits. But be sure not to set your goals too high - it's important to be reasonable in what you expect yourself to do. Some people falter because they don't make plans for dealing with inevitable temptations, so it's important to be prepared. You can:

- Form a support system of friends and family who will cheer you on and encourage your good habits.
- Make a list of the benefits of changing and put it someplace where you will see it every day.
- Pay attention to your thinking and try to counter negative ideas like "I'll never succeed" with positive thoughts, like "Today, I made some progress."
- Surround yourself with people and situations that encourage you in good habits. Join a support group, get an exercise partner or spend more time with friends who don't smoke.
- Have a contingency plan for when you are tempted - if you want to smoke, go for a walk instead, or call a friend.
- Give yourself rewards and pats on the back for your progress.

One of the most important secrets to keeping those New Year's resolutions is to take the process of change one day at a time. And it's OK to make big changes by taking small steps. A little bit of change can lead to long-term healthy habits that last far beyond New Year's Day.

More Food, Fewer Calories?

Energy density is the key to healthy, high-volume eating

It may sound like weird science, but "energy density" is nothing more than the calories in a portion of food. Fruits, vegetables, legumes, and cooked grains are examples of low-energy-density foods that give you plenty of water and fiber for very few calories.

(High-density foods are the other side of the coin. These high-calorie foods tend to have less water and more fat -- which has twice as many calories as either carbohydrates or protein.)

Choosing foods that are high in water and fiber and low in density allows dieters to enjoy larger, more satisfying portions, and to lose weight without feeling hungry. For example, consider grapes vs. raisins: 100 calories of grapes is about two cups, but for the same number of calories, you only get 1/4 cup of raisins. It makes sense that two cups of grapes would be more satisfying than a few tablespoons of raisins.

How It Works

Barbara Rolls, PhD, author of *Volumetrics Weight Control* and professor at Pennsylvania State University, has done many studies on the concept of energy density. In a study published in the November issue of *Journal of the American Dietetic Association*, Rolls and colleagues found that study participants who ate a large (3-cup), low-density salad before a meal felt more satisfied and ate less total food during the meal. Those who ate a small, high-density salad with high-fat ingredients actually ate 8% more at the same meal.

Rolls suggests that having a large portion of low-energy-dense foods, like soup or salad, before meals is an effective strategy for weight control. A vegetable-based soup or salad as a first course increases fullness for very few calories, and thus can reduce your calorie intake for the entire meal.

Pump Up the Volume

You can lose weight simply by replacing high-density foods with high-volume, low-density foods like fruits and vegetables, according to a study Rolls presented last week at a meeting of the North American Society for the Study of Obesity in Las Vegas.

In the study, young women who replaced high-calorie foods with low-energy-density foods ate 800 fewer calories a day and never missed them, even with a 25% reduction in overall portion size.

We are all creatures of habit, and most of us tend to eat roughly the same volume of food each day. Here are a few easy ways to keep the volume in your diet while lowering the density (and calories):



- Choose whole-grain breads.
- Add veggies to soups, stews, egg dishes, and pizza.
- Mix fruit into salads.

Not only will eating more of these kinds of foods allow you to feel full on fewer calories, they also happen to be super nutritious!

Water Weight

The water in food is one of the ingredients that help you feel full. Fiber is another, lowering energy density by providing bulk.

Foods that have plenty of both fiber and water (fruits, vegetables, cooked cereals, brown rice) have the greatest impact on fullness. If you drink a glass of water before a meal, it will not seem as satisfying as the same amount of water incorporated into food such as soup. When combined with low-energy-density foods, water dilutes the calories and has a longer-lasting impact on satiety.

Satiety

I call it the secret sauce in weight control. Satiety is the satisfying feeling at the end of a meal that signals you have eaten enough.

Have you ever been on a diet that does not provide enough food and, as a result, you get so hungry you deviate from the plan? It happens all too often, and is the main reason diets fail.

Eating just enough food to satisfy your belly and brain is no simple task; we all sometimes overeat because food tastes so good, even when we're already full. But eating satisfying portions of low-density foods can make it a bit easier.

Whole Grains

Researchers from Harvard School of Public Health who have followed 27,000 men for the past eight years have observed that those who eat plenty of whole grains tend to weigh less.

Whole grains contain more fiber than refined grains, and have a slightly lower energy density. Eating more whole grains should allow you to be satisfied with fewer calories.

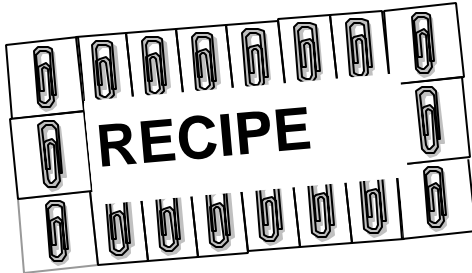
The Take-Home Message

Of course, along with produce and whole grains, lean sources of protein and healthy fats are essential to a well-balanced diet. They also contribute to satiety.

*Quote of
the Month*

Get pleasure out of life...as much as you can. No one ever died from pleasure.

Sol Hurok



Grilled Lemon Shrimp &



Ingredients

8 oz fresh white mushrooms
1 lb large shrimp, peeled and deveined
2 medium zucchini, sliced
1 medium red onion, cut in wedges
1/4 cup olive oil
2 tbsp fresh lemon juice
2 tsp minced garlic
1 tsp oregano
1/4 tsp each salt and black pepper

Cucumber Yogurt Sauce

1 cup plain low-fat yogurt
1 cup peeled, seeded, diced cucumber
1 tbsp chopped fresh mint
1 tsp minced garlic
1/2 tsp salt

Combine all ingredients in a bowl;
mix well.

DIRECTIONS

Preheat boiler until hot. Leave small mushrooms whole; halve larger ones. In a large bowl, place mushrooms, shrimp, zucchini, and red onion. In a small bowl, combine olive oil, lemon juice, garlic, oregano, salt, and black pepper; pour over vegetables; toss until well coated.

Place vegetables and shrimp on a rack in a broiler pan. Broil no more than 6 inches from heat source until vegetables and shrimp are just cooked, about 8 minutes, stirring often and brushing occasionally with remaining marinade.

Serve on pitas with Cucumber Yogurt Sauce.

www.shape.com Serves: 4 Prep Time: 15 minutes Cook Time: 8-10 minutes
Calories: 557 g Fat: 17 g Carbs: 50 g Protein: 44 g Fiber: 3